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ELTON JOHN'S APPEARANCE ON THE NEW FALL OUT BOY ALBUM PROVIDED A LITTLE GROUP THERAPY PAGE 10

Mounties foil VIA terror plot

RCMP investigate at a Toronto residence on Monday after they uncovered an alleged plot to blow up a VIA train. STEVE RUSSELL/TORSTAR NEWS SERVICE

Project Smooth.

Suspects arrested in alleged conspiracy linked to al-Qaida in Iran: RCMP

Two men arrested for allegedly plotting to attack a VIA passenger train received "direction and guidance" from al-Qaida elements in Iran, the RCMP said Monday.

The suspects — identified as Chiheb Esseghaier, 30, and Raed Jaser, 35 — were arrested Monday morning in Montreal and Toronto.

"While the RCMP believed the accused had the capacity and intent to carry out these criminal acts, there was no imminent threat to the general public, rail employees, train passengers or infrastructure," RCMP Assistant Commissioner James Malizia said at a news conference.

Dubbed Project Smooth, the investigation was part of a cross-border operation involving Canadian and U.S. law enforcement agencies.

Police said the suspects were conspiring to derail a passenger train but refused to elaborate. They said there is no information to indicate the plot was "state-sponsored."

RCMP Supt. Doug Best said "this is the first known al-Qaida planned attack that we've experienced in Canada."

He said the suspects have been in the country legally for a "considerable period of time" but are not Canadian citizens.

The two men are charged with conspiring to carry out an attack against, and conspiring to murder, persons unknown for the benefit of, at the direction of, or in association with a terrorist group.

The arrests come only four months after two Canadians were found among militants killed in a terrorist siege at a gas plant in Algeria.

THE CANADIAN PRESS

Quoted

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Warning: Graphic

Inquiry hears girl beaten, choked in her final days

As five-year-old Phoenix Sinclair suffered a final, deadly beating on the concrete basement floor of her family's home, a stepbrother peeked around the corner and witnessed the assault, an inquiry into the girl's death heard Monday.

"I was just a little kid, you know, didn't even know what ... was going on," testified the stepbrother, who is now 20 years old and cannot be identified under a publication ban.

Phoenix's mother, Samantha Kematch, was sitting on the stairs and watched her new boyfriend, Karl McKay, punch and kick Phoenix for 15 to 20 minutes on that day in June 2005, the stepbrother said. Afterward, the couple left, and he, then a boy of 12, went to check on the battered girl.

"She was all cold. I put my hand by her mouth. She wasn't even breathing."

The inquiry is examining how child welfare failed to protect Phoenix, who had spent much of her life in foster care or with family friends before being returned to Kematch.

The beating that killed Phoenix was not out of the ordinary. The stepbrother and another sibling witnessed Phoenix being abused, neglected, starved, shot with a BB gun and forced to eat her own vomit. Other children in the home were not physically abused. Kematch and McKay buried Phoenix in a shallow grave near a landfill and told others she was still alive. They continued to collect welfare benefits with her listed as a dependent.

THE CANADIAN PRESS

Chief's cyber-bullying stand

Winnipeg Police Chief Devon Clunis promotes the new NeedHelpNow.ca website in this photo released Monday. An initiative by the Canadian Centre for Child Protection, the site provides resources to Canadian youth who have been victimized by sexual images being shared online. METRO/HANDOUT

Health care. Province pledges cash to train nurses

The provincial government said Monday it will invest $2.1 million to add 62 new nurse-training seats at three schools across Manitoba.

"We're moving along on a path on providing the kinds of health-care professionals we need that will ensure Manitobans get the care they need, where they need it, when they need it," Premier Greg Selinger said at an announcement held at the U of M Monday morning.

The money will be used to add six nurse-practitioner training spots at the U of M, a new 25-seat francophone nursing program at Université de Saint-Boniface, a new 25-seat rotating rural site for practical nursing through Assiniboine Community College and a new six-seat doctoral nursing program at U of M. SHANE GIBSON/METRO

Premier Greg Selinger announces $2.1 million will go to training new nurses. SHANE GIBSON/METRO

Sir Paul heads to the 'Peg

The long and winding road ... to Winnipeg.
McCartney scoops local announcement about tour stop in city

SHANE GIBSON
shane.gibson@metronews.ca

Live Nation Canada, True North Sports & Entertainment and the Winnipeg Blue Bombers confirmed Twitter's worst-kept secret Monday — Sir Paul McCartney is coming to Winnipeg.

While the groups planned to announce the former Beatle's stop in Winnipeg at an 11 a.m. press conference, McCartney's official Twitter account let the tour date slip about an hour before.

"Social media's a wonderful thing," laughed Truth North Sports & Entertainment's senior vice-president Kevin Donnelly of being scooped. "We're more than thrilled at him announcing first that he's coming — we're just so excited to be a part of it."

McCartney is scheduled to play Investors Group Field Aug. 12 as part of his Out There! Tour. McCartney last played in Winnipeg in 1993, and Donnelly said it was no small feat to get him back.

"Really, the linchpin was having this building becoming available," he told media, saying McCartney added dates in Western Canada including a stop in Regina after seeing the response of fans who saw him in Vancouver last fall. "The audiences were crazy, and he made a commitment then to come back and play more."

Tickets for the McCartney show go on sale April 29 at 10 a.m. through Ticketmaster.

Concert cost

Tickets start at $35 and go all the way up to $250.
SOURCE: LIVE NATION CANADA

Paul McCartney playing at Edmonton's Rexall Place last November. METRO EDMONTON FILE

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Weekly Transit News Update

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Vile crime: Judge

Man gets 9 years for assault on disabled woman

A Winnipeg man convicted in the kidnapping and sexual assault of a disabled woman has been sentenced to nine years in prison.

Court heard the victim was on crutches and her arm was in a cast when Norman Cook grabbed her off a street in August 2011.

Cook, 40, dragged the woman to his nearby apartment, barricaded his door with a fridge and sexually assaulted her.

She escaped hours later when he fell asleep.

The judge called the crime vile and said it was hard to imagine a more chilling scenario for a woman.

THE CANADIAN PRESS/CJOB

Two face charges

RCMP seize 2 pounds of pot in Portage la Prairie

Two Portage la Prairie residents are facing drug charges after RCMP officers seized about two pounds of marijuana, more than 30 marijuana plants and production equipment.

The items were seized last Friday evening during a search of a home in the 100 block of 18th Street Northwest in Portage.

RCMP said a 24 –year-old man and a 21-year-old woman are facing charges of production and possession of a controlled substance, as well as trafficking.

Both were released from custody and are to appear at the Portage la Prairie provincial court on June 3.

METRO

Chair of Downtown Winnipeg BIZ's panhandling and homelessness committee Ivan Holloway, second from right, doled out the money raised by the group's CEO Sleepout fundraiser Monday. Also pictured are, from left, Siloam Mission's executive director Floyd Perras, Graffiti Art Programming Inc. participant Shanine Palmer, Graffiti Art's programs director Bob Veruela Jr., and Beverly Roberts from Red Road Lodge. SHANE GIBSON/METRO

CEO Sleepout cash dispersed to groups

Downtown programs. 'Homelessness is a community problem,' BIZ leader says

SHANE GIBSON
shane.gibson@metronews.ca

After local business leaders and CEOs traded in their suits and ties for sleeping bags and city streets in Downtown Winnipeg BIZ's CEO Sleepout fundraiser last fall, the money they raised was given to three local groups working to tackle homelessness Monday.

In all, $105,190 was raised during the BIZ's second annual fundraiser last September that saw more than 50 people spend the night at the corner of Portage and Main.

"This is an issue that does matter to the business community of Manitoba," said Marilyn McLaren, president and CEO of Manitoba Public Insurance, who took part in the Sleepout and raised more than $18,000.

It can happen to anyone

"None of us know how close we might be to running into trouble in our own lives, and that's very, very true from some of the stories I've learned."

Sleepout participant Marilyn McLaren, Manitoba Public Insurance president and CEO

Siloam Mission was given $50,000 for its Mission: Off the Streets Team (MOST), which helps homeless men and women re-enter the workforce.

Red Road Lodge will receive $39,200 for their REACH program, which provides employment with a focus on community cleanup and beautification.

The remaining $15,990 was given to Graffiti Art Programming Inc., who will use the money to begin work on a program aiming to engage at-risk youth between the ages of 13 to 28 and employ participants to create art installations throughout the downtown.

The funding brought in by last year's CEO Sleepout helped employ 23 homeless people for a total of 4,046 hours over eight months, according to the BIZ.

"What we have learned … is that the Winnipeg business community wants to help, wants to do more, and wants to be part of the solution," said Downtown BIZ's executive director Stefano Grande at the announcement.

"Homelessness is a community problem; it affects everyone and everyone pays for it, financially, ethically and even morally."

A first. U of W gives Peg City Car Co-op a spot on campus

The popular Peg City Co-op car-sharing program is coming to the University of Winnipeg campus.

University officials timed the Monday announcement to coincide with Earth Day, adding that the program starts May 1, when a silver Honda Fit will be available at the U of W's Buhler Centre at 490 Portage Ave.

"The car-share option is an incredibly exciting addition to our campus," said Alana Lajoie-O'Malley, director of the U of W's campus sustainability office, in a press release.

"Several university employees are unable to walk, bike, or bus to work because they must drive to off-campus meetings during the day. Our hope is that making this vehicle available to these staff members will reduce the number of university employees driving their cars to and from their homes."

Beth McKechnie, manager of Peg City Car Co-op, said the partnership with the U of W — the first educational institution to offer the co-op — provides them with the opportunity to expand their membership.

Peg City Car Co-op will be available at the University of Winnipeg campus starting May 1. METRO/HANDOUT

"This car will be conveniently located near our members in the West Broadway and Spence neighbourhoods, and we also represent a new transportation option for all students, workers and small businesses in the downtown area," added McKechnie.

Potential members of the co-op must be 21 years old and have a clean driving record.

Members have access to a fleet of vehicles parked in several Winnipeg neighbourhoods 24 hours a day and usage is paid on an hourly and per-kilometre basis.

This is the latest of several moves by the university to offer active and sustainable transportation options on campus.

BERNICE PONTANILLA/METRO

People rest near tents set up in the aftermath of an earthquake that struck southwestern China's Sichuan province Saturday. THE ASSOCIATED PRESS

China shows off disaster relief skills

At least 188 people killed. Refugee camp set up for survivors of quake has everything from phone-charging stations to ATMs

The tent village that sprang up in two days to house quake survivors in mountain-flanked Lushan is no ordinary refugee camp. China's full range of disaster response is on display: Trucks with x-ray equipment, phone-charging stations, bank tellers-on-wheels — even a tent for insurance claims.

The efforts underway Monday in mountainous Sichuan province after a quake Saturday that killed at least 188 people showed that the government has continued to hone its disaster reaction — long considered a crucial leadership test in China — since a much more devastating earthquake in 2008, also in Sichuan, and another one in 2010 in the western region of Yushu.

Hard lessons learned

The Yushu quake in 2010 killed more than 2,600 people.

- Much of the initial relief after the Yushu disaster came from Buddhist monks and other non-government volunteers, partly because of the remoteness of much of the affected areas.
- "After 24 hours or 48 hours in Yushu, things were not so orderly or settled in," said a doctor at the refugee camp.

"Lushan was so heavily hit and my family's house toppled. It has been such a disaster for us," said Yue Hejun, 28, as he waited to recharge his family's three mobile phones at a charging stall, volunteered by a communications company and co-ordinated by the government in a new addition to the arsenal of services after natural disasters.

THE ASSOCIATED PRESS

Religious grounds used

Egypt suspends prosecutor for citing Qur'an

An Egyptian prosecutor who cited the Qur'an as he ordered police to flog a man with 80 lashes for public drunkenness has been suspended and put under investigation, the prosecutor-general's office said.

Spokesman Mahmoud el-Hefnawi said late Sunday that the country's top prosecutor had ordered Hussein Anani's decision cancelled and a judicial inquiry launched.

The order by Anani comes amid growing fears by some in Egypt that Islamists, emboldened by election wins, are seeking to slowly enshrine a religious system based on conservative interpretations of Islamic law.

THE ASSOCIATED PRESS

Political manoeuvring

U.S. aims to get China to help with North Korea crisis

The United States will press China over its forcible repatriation of refugees to North Korea, a U.S. human rights envoy said Monday. He likened the North's vast gulag to that operated by the Soviet Union in the 1930s.

The Obama administration is looking for Beijing to use its leverage over its North Korean ally to tamp down its provocative behaviour and move toward abandoning nuclear weapons.

The prime focus of Washington's policy is on tackling the emerging threat to the U.S. and its allies posed by North Korea's missile and nuclear programs. But King said human rights were also important for U.S. policy. THE ASSOCIATED PRESS

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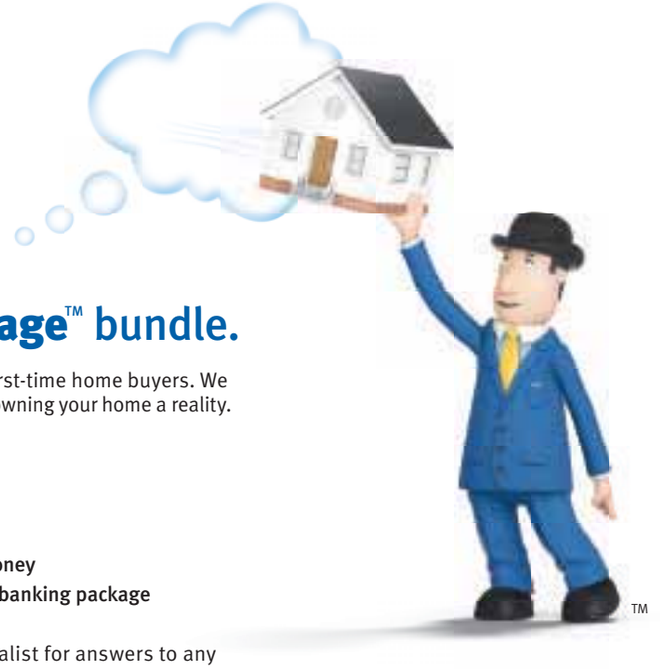

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Like driving to the U.S. to shop? The Canadian Chamber of Commerce says a proposed tax to cross the border could be a "sizable economic burden." MARIO TAMA/GETTY IMAGES FILE

Proposed border fee condemned

Canada to U.S. New crossing fee needed to fund processing and security, supporters say

A proposal to charge travellers a new crossing fee at U.S. land border crossings has drawn criticism in both nations.

The call to study a new levy — contained in the U.S. Department of Homeland Security's proposed budget for 2014 — is needed to defray increased security costs, proponents say.

However, Michael MacKenzie, executive director of the 70,000-member Canadian Snowbird Association, said Monday that Washington is trying to ease its "desperate financial situation" on the backs of Canadian travellers.

"While we appreciate the fiscal challenges faced by our friends in the United States, we would prefer the U.S. government focus on ways to reduce obstacles at the border that hinder trade and tourism," MacKenzie said Monday.

Currently, air passengers pay to enter the U.S. but the fee is included in the price of the plane ticket. Drivers and pedestrians do not pay a specific entry fee, although bridges spanning the border charge tolls that go to the bridge authorities.

The Department of Foreign Affairs said Monday it would "vigorously lobby against this proposal." The Canadian Chamber of Commerce also pledged to lobby against what it called a "serious mistake."

THE CANADIAN PRESS

Let the Canucks pay?

"People feel like ... politicians are taxing people who can't vote."

Michael MacKenzie, executive director of the Canadian Snowbird Association

Afghanistan

Feds won't claw back danger pay

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay by almost a third for troops training Afghan soldiers in Kabul. THE CANADIAN PRESS

Child exploitation. Private pics got online? Don't lose hope, urges the PM's wife

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

The prime minister's wife is promoting needhelpnow.ca, which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

Earlier this month, 17-year-old Rehtaeh Parsons died after a suicide attempt, which her family says was linked to photos circulating online of an alleged sexual assault.

Rehtaeh's mother Leah is scheduled to sit down Tuesday with Stephen Harper to discuss changes to the Criminal Code regarding the distribution of such images. THE CANADIAN PRESS

Laureen Harper THE CANADIAN PRESS

Bombing suspect's wife knew 'nothing': Lawyer

Boston slayings. With her husband dead, wife of Tamerlan Tsarnaev now subject of scrutiny

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What did she know about her late husband's role in the Boston bombings?

Nothing, her lawyer Amato DeLuca told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home-care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after their three-year-old daughter, he said.

Russell found out from the news that her husband was the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how to proceed.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam. Photographs of Russell outside her home in Cambridge show her in black hijab and black clothing.

An unidentified high school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once charged with assaulting his wife. TORSTAR NEWS SERVICE

Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment factory worker, was arrested Monday in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

Police said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. THE ASSOCIATED PRESS

Pradeep Kumar, 19, veiling his face. THE ASSOCIATED PRESS

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UWinnipeg
revitalizing downtown
May 27 12:00 - 1:00pm

For a full list of programming visit:
www.downtownwinnipegbiz.com/livingroom

downtown
WINNIPEG BIZ

Just for Laughs app is 'cheat sheet' for anniversary special

Social TV. Watch the show with your cellphone and look up historical references

Just For Laughs wants to make sure everyone is in on the joke when its 30th anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their head when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will be broadcast on CBC-TV on Tuesday.

Quoted

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is."

Bruce Hills, chief operating officer, Just for Laughs

The festival's not judging — the Internet page where the app can be found just notes that some people may be too young to get the joke right away or were possibly a little too preoccupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is," Hills said in an interview. (Quayle was George H.W. Bush's vice-president, by the way.)

"You hit it, you can find out who (Ronald) Reagan is, you can find out what a Walkman was or whatever we're referring to. It's done with a sense of humour."

The comedy festival decided to use the app after trying something similar with a TV special on American politics last year. Hills said it's an example of Just For Laughs trying to offer more to fans while spreading its message across multiple media platforms.

He noted that Just For Laughs has more Facebook followers than the high-profile Lollapalooza music event and the South By Southwest festival in Austin, Texas.

THE CANADIAN PRESS

Germany

Google fined for illegally recording Wi-Fi information

A German data protection agency fined Google Inc. about $189,200 for illegally recording information from unsecured wireless networks — an amount it acknowledged is "totally inadequate" as a deterrent to the multinational giant.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.46¢ (+ 0.02¢)

TSX 12,090.68 (+25.13)

OIL $88.76 US (+75¢)

GOLD $1,421.20 US (+$25.60)

Natural gas: $4.26 US (-15¢)
Dow Jones: 14,567.17 (+19.66)

Tasteless tees. Nike pulls Boston Massacre shirts

A Boston Massacre shirt for sale at a Nike Outlet. THE ASSOCIATED PRESS

Nike Inc. says it has pulled from the market T-shirts emblazoned with the words Boston Massacre in the aftermath of last week's bombing during the Boston Marathon that killed three people and left dozens injured.

The athletic company, based in Portland, Ore., said Monday that it took immediate action last week to remove the products. The shirts were sold primarily at its factory store outlets.

"We conducted this process as quickly as possible and are confident the product has been removed from distribution," Nike spokeswoman Mary Remuzzi said in a statement emailed to The Associated Press. The shirts, which featured blood-splattered lettering, were designed for New York Yankees fans.

The Boston Massacre phrase has been used to describe a pivotal late-season sweep by the Yankees of the rival Boston Red Sox in 1978. That season culminated in a World Series championship for the Yankees.

THE ASSOCIATED PRESS

N.Y.C. Lawmaker proposes raising minimum age for tobacco purchases to 21

New York City Council Speaker Christine Quinn is proposing raising the minimum age for tobacco purchases from 18 to 21.

Quinn announced the proposed legislation on Monday and was joined by Health Commissioner Dr. Thomas Farley, other council members and health advocates.

Texas recently attempted to pass legislation changing the age from 18 to 21 but it failed. Several states have a 19 age limit for the purchase of cigarettes. The Bloomberg administration recently unveiled a plan to keep cigarettes out of sight in stores until an adult customer asks for a pack.

New York City has had a ban on smoking in bars, restaurants and other indoor public spaces for 10 years.

THE ASSOCIATED PRESS

Women smoke while sitting on a Times Square pedestrian island in this file photo. A new proposal would raise the minimum age for tobacco purchases in New York City from 18 to 21. GETTY IMAGES FILE

NATIONAL FARE? STICK A FORK IN ME

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, the Canadian government launched a three-week food truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells "Poutine a la Mexicana" among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically "Canadian." Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Québécoise tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially "Canadian" food.

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden where homesick Canucks will happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

"Everyone that approaches the stall has some kind of story about the dish," says Baker. "They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack."

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing, but also distinctly unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a horse, of course

NASA/ESA/HUBBLE HERITAGE TEAM

Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**

Previous images have been more horse-like but not as detailed.
CFHT/HAWAIIAN STARLIGHT

Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grandmas watch Kardashian sex tape' rule the Internet, get voting. Go to webbyawards.com. Some entries not to miss:

Fresh Prince translated: "Cold, apricot, relaxing all cool, shoot some B-ball outside the school..." Sound familiar? It should. Kind of — at least for children of the '90s. CDZA, the music video collective who brought us The History of Lyrics That Aren't Lyrics, translates the lyrics of the mind-numbingly catchy Fresh Prince of Bel-Air intro 64 times in Google Translate, and then translates it back into English. @cdzamusic

Stanley's invisible piano: Sure, cats playing pianos with their paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

Kids react to the world: The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like potholes and think talking dogs are completely absurd. @thefinebros

Comments

RE: Tributes Pour In After Death Of Rita MacNeil, published April 17

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences....<3
Marilyn Francis posted to metronews.ca

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I sat there and did not wipe away the tears, but God has another beautiful voice.
Natalie posted to metronews.ca

I loved that in the print version they labelled the above tweets as 'prolific'... Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a believer. You can't make this stuff up.
An anonymous reader posted on metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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DVD reviews

Gangster Squad

Director. Ruben Fleischer

Stars. Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

●●○○○

Josh Brolin and his fellow Gangster Squad antiheroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**

Jurassic Park 3D

Director. Steven Spielberg

Stars. Sam Neill, Laura Dern, Jeff Goldblum

●●●●●

Adding the extra dimension to Steven Spielberg's 1993 monster thriller turns out to be more than just a 20th-anniversary cash-in. This movie doesn't just stand the test of time, it transcends it. The already impressive T. Rex and velociraptors become more lifelike in 3D, which goes on sale April 23 for those equipped with a 3D Blu-ray player, plus specialized TV and glasses (regular Blu-ray and DVD are also available). The film's large amount of violence, mostly of the claw and fang variety, seems more intense now than before. So much so that today's parents have even more reason than those of a generation ago to make sure their younger children can handle the frights. **PETER HOWELL**

Chicago rock outfit Fall Out Boy Pete Wentz, left, Joe Trohman, Patrick Sump and Andy Hurley in New York. PHOTO BY DAN HALLMAN/INVISION/AP

Oh Boy! Elton helps Save Rock and Roll

Fall Out Boy's latest release. English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did.

"We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew to Atlanta to record with the veteran rocker.

John is featured on the title track of Save Rock and Roll, released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featured tune plays on the 11-track set, there's the song "Rat a Tat," featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last night and I ran into Courtney Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits including This Ain't a Scene, It's an Arms Race, Dance, Dance and Sugar, We're Goin Down. The album's first single, My Songs Know What You Did in the Dark (Light Em Up), is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock heavyweights on Save Rock and Roll, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and will return to the U.S. for a fall tour.)

A year after releasing 2008's Folie a Deux, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying: "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added. **THE ASSOCIATED PRESS**

Elton speaks

"He actually spoke up for the album's title."

Patrick Stump, lead singer of Fall Out Boy
On Elton John's feelings toward their recent album called Save Rock and Roll

Girl power

"We thought it would be important to have an iconic female voice on the album."

Pete Wentz, bassist for Fall Out Boy
On why Courtney Love was asked to feature on their new album

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lacking the X-Factor – Host Kardashian gets the boot

THE WORD
Dorothy Robinson
scene@metronews.ca

A watchable reality TV star does not a good host make. Khloe Kardashian has been booted off Fox's The X Factor, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host The X Factor," the show's producers said in a statement. "We really enjoyed working with her and wish her all the best in her future endeavors." (Translation: One, big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of The X Factor," said Cowell in a statement. "Hosting a live show and keeping the judges — especially Demi — in line, is not an easy job, but Mario is a pro and we are glad he's coming back."

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of Saved By The Bell?

Ozzy Osbourne

Despite coming clean about his vices, Ozzy could still lose wife Sharon

Ozzy Osbourne may have come clean about his recent battles with drugs and alcohol, but that doesn't mean the public gesture was enough to patch things up with wife Sharon Osbourne, according to the Daily Star. "She just wants out at this point," a source says. "Ozzy seems to think he can win her back, but Sharon isn't so sure as she's been living in a private hell." Exactly what kind of a private hell are we talking about here? "He kept accusing Sharon of trying to kill him. It was heartbreaking for her," the source says.

Reese Witherspoon. ALL IMAGES GETTY

Witherspoon embarrassed after brush with the law

With the mugshot (above) from her arrest in Atlanta for disorderly conduct making the rounds, Reese Witherspoon is speaking out about the headline-making incident.

"I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. I was frightened for my husband, but that is no excuse. I was disrespectful to the officer who was just doing his job. I have nothing but respect for the police and I'm very sorry for my behaviour."

Witherspoon reportedly got into an argument with an officer after husband Jim Toth was pulled over on suspicion of driving while intoxicated. Both were arrested and briefly jailed.

Justin Bieber ALL IMAGES GETTY

Are Bieber and Gomez are back on?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.

Twitter

@oliviawilde
The only thing I resent twitter for is ruining the word "twitterpated" which *was* a solid go-to in my daily dialogue.

@SarahKSilverman
Dear House of Representatives, Who exactly are you representing?

@jason_mraz
Just invited friends over for dinner but forgot to add, "Friday." Apologies to those who came over to a dark house.

No purchase necessary. Contest open to residents of Halifax, Toronto, Winnipeg, Calgary, Edmonton or Vancouver areas, excluding the province of Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one pass for two to a special advance screening at a specific theatre in your city on May 2nd at 7PM (valued at approximately $26) Contest closes April 26th 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

LIFE 3

Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, best selling author of The End of Diabetes, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA MCGUINNESS
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more," he tells Metro.

But unlike drugs, sugar is legal and inexpensive, he warns.

1. Breakfast is:
A Fruits, nuts, vegetables or a whole grain product.
B Unsweetened cereal with soy or almond milk.
C Conventional, sweetened cereal with cow's milk.
D A donut and a cup of coffee with sugar.

2. Throughout the day you drink:
A Water or herbal tea
B Coffee or tea, plain with no sweetener.
C Diet soda
D Sugary soda, coffee or tea

3. Mid-afternoon, you feel:
A Energetic, as always.
B A little sluggish … but you can still function productively.

C Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
D Burned-out. You can't focus until you've had a chocolate bar and a can of full fat coke.

4. You're eating a sugary dessert … you feel:
A It's just not worth eating such junk.
B Enjoyment.
C A little happier.
D Euphoric. The moment it passes your lips, all your problems seem to dissolve.

5. Fresh fruit is:
A Wonderfully sweet and delicious. You eat your five-a-day.
B Tasty. You have at least one piece of fruit every day
C OK, but you'd rather have apple pie than an apple.
D Completely unappealing. You're more into cupcakes.

6. After one last bite of your favourite chocolate fudge brownie … You:
A I do not eat sugary foods.
B Feel satisfied But then you move on with your day.
C Are tempted to eat more, but force yourself to stop.
D Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

7. Whoa sugar craving. How do you cope?
A This rarely happens, but when it does, you get on with your day, knowing that it will pass.
B Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.
C Find another sugary alternative in the house to quell the craving.
D Go out and buy whatever it is you're craving, because you can't think about anything else.

8. It's been a long, hard day … so you:
A Get some exercise and try to relax.

B Space out in front of the TV, with a stiff drink.
C Allow yourself one slice of cake, or one piece of candy.
D Binge out on ice cream and candy.

9. If you go without sugar for a few days, you feel:
A No different. You rarely eat sugar.

B Brighter and more energetic.
C Tired and your head hurts.
D Weak and anxious. You also suffer from significant headaches and fatigue.

10. The idea of giving up sugar sounds:
A Easy, since you almost never eat it anyway.
B Like a healthy thing to do. But you want to have sugary foods occasionally.
C Good, but you don't think it's possible.
D Scary. Sugary foods are your comfort during times of emotional distress.

11. The feelings you perceive as hunger are:
A A drawing sensation in the throat, but it's not very uncomfortable.
B A grumbling stomach.
C Light-headedness and headaches.
D Headaches accompanied with anxiety, and the inability to concentrate.

Add up your score:
0 points for each "a"
2 points for each "b"
3 points for each "c"
5 points for each "d"

Results

0-12 points. You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

13-27 points. There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating too sweet, you don't often experience the addictive drives associated with these foods.

28-43 points. You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar can cause your brain to demand more, and addictive drives usually overcome willpower.

44-55 points. Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.

Best Health

8 ways life is better when you're fit

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

We all know exercise will help us live longer, be happier and sleep better. That should be motivation enough to be more active, but the little everyday bonuses are strong incentives, too. Here are eight ways that life is better when you're fit.

Live happy. ISTOCK PHOTOS

Look good
You can slip on that sundress or tank top knowing that your "bat wings" are a thing of the past.

Live good
You no longer miss the bus and you can run that block to catch it.

Feel good
You have the energy to keep up with your kids.

Keep running
No more standing on crowded escalators, you're the one nipping smartly up the stairs.

So fresh, so clean
Your complexion is smoother and fresher-looking — for free.

Live strong
Since your core muscles are stronger, you don't have to hang onto the pole on the bus or subway.

Fun in the sun
You actually look forward to the "beach" part of a beach vacation.

Guilt-free living
You've got more muscle, so you burn calories faster — allowing for guilt-free desserts.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Fran dedicated to cause

Health issues. The actress is lending her support to the Carcinogen-Free Label Act, being debated in U.S. right now

Fran Drescher's commitment to eradicating cancer is a personal one. After a series of misdiagnoses, Drescher was diagnosed with uterine cancer in 2000.

In 2002, she wrote Cancer Schmancer about her experiences and met many women who told her that her journey mirrored their own. Inspired, Drescher started the Cancer Schmancer movement and Cancer Schmancer Foundation to advocate prevention methods and early detection.

One of her prevention programs is Trash Cancer, which offers guidance on living a toxic-free lifestyle, starting in the home.

Fran Drescher is helping raise cancer awareness issues. HANDOUT

Through Trash Cancer, Drescher is also lending support to the Carcinogen-Free Label Act, a bipartisan bill introduced to Congress that seeks to create a label similar to the "organic" label.

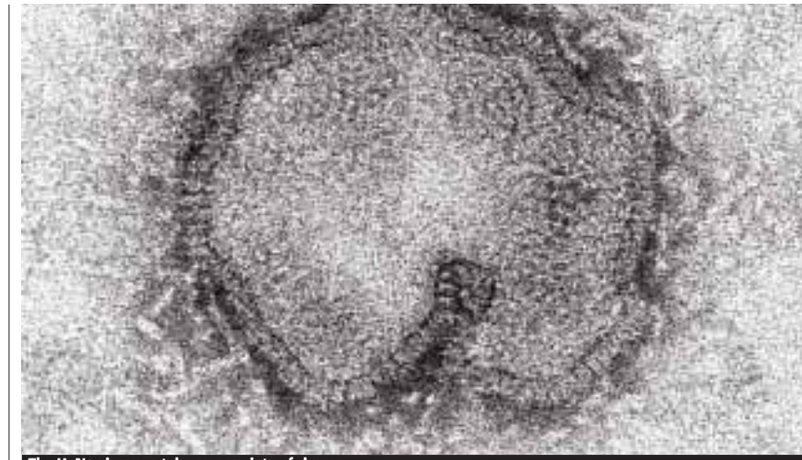
"We were one of the NGOs that put pressure on Johnson & Johnson. They are an enormous company, and once everyone caught wind of the fact that the No More Tears shampoo is loaded with formaldehyde, they changed their formula. It does work. At the end of the day, consumerism and purchasing power is all you need," Drescher said.

"The place we spend the most time in is our home, and that's the place that we have the most control over. Rather than feeling scared as we see cancer closing in around us, why not do something about it?" METRO WORLD NEWS

No more tears

"At the end of the day, consumerism and purchasing power is all you need."

Fran Drescher
Speaking about how her NGO was able to force Johnson & Johnson to change.



The H7N9 virus can take on a variety of shapes. CDC/THE CANADIAN PRESS

Canada's national lab to work on H7N9 virus

Flu. China showing willingness to be less secretive as latest outbreak spreads, sample likely arrives next week for testing

If all goes according to plan, a vial containing the worrisome new H7N9 virus should arrive at Canada's National Microbiology Laboratory in Winnipeg, where scientists are eager to begin work on the new pathogen.

Scientific Director Dr. Frank Plummer said China readily agreed to share a sample with the Canadian lab after Winnipeg asked for a live virus with which to work. In fact, the emailed request drew a positive reply in a matter of a couple of hours.

"I was extremely pleased when I saw the response from China. All they wanted was an official letter and they were getting ready to send it to us," Plummer said in an interview.

In contrast to its secretive behaviour during the 2003 SARS outbreak, China has been openly sharing information and virus samples since the start of the outbreak of the new H7N9 flu. As of Friday, China had reported 91 confirmed infections and 17 deaths from a virus first identified less than a month ago.

All of the World Health Organization's collaborating centres and essential regulatory laboratories for influenza have had copies of the virus for more than a week. And elsewhere, key influenza researchers are also getting samples of the virus to help in the international effort to decode the mysteries of this new flu strain.

Plummer said his lab's willingness to share the H1N1 virus with China in the early days of the 2009 pandemic probably contributed to China's prompt and favourable response to Canada's request.

Earlier this week a joint assessment issued by the Public Health Agency of Canada and the Canadian Food Inspection Agency decreed that the H7N9 virus should be worked on in laboratories with a Level 3-enhanced biosafety and biosecurity designation. THE CANADIAN PRESS

Quoted

"I was extremely pleased when I saw the response from China. All they wanted was an official letter and they were getting ready to send it to us."

Dr. Frank Plummer
Canada's National Microbiology Laboratory

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Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, The Butler Speaks, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

Setting the standard in etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

While fashion in table settings has changed over the centuries, affecting the flatware, glassware and china we use, the method of setting a table remains exactly the same.

This is the basic method I recommend:

1. Set just one place setting first. Don't try to set the entire table at once as there will just be more to undo if you don't like how it looks. Make sure the placement is correct and that you are happy with it.

2. Next, take the rest of the chargers or main course plates and place them around the table where you want to set all the other place settings. Keep the spacing between settings equidistant. Once they are properly positioned, organize utensils and glassware around them.

3. Check for symmetry. Why do we care so much about this? Because the human eye loves symmetry. When things are not symmetrical our eye sees imperfection.

The Butler Speaks

This excerpt from The Butler Speaks is courtesy of Appetite by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.

On the web

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.

Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).

The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course. The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.

The Chinese place setting

In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.

The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.

Smoothness is a science with this Modernist Potato Purée

As with most modernist recipes, accuracy is key. We've provided volume equivalents of most ingredients, but for best results use a digital scale and weigh things out. Diastatic malt powder is the secret to making these dairy-free puréed potatoes smooth and creamy. It is widely available online, as well as at brewing supply shops.

This recipe makes 4 cups of puréed potatoes and takes two hours from start to finish. THE ASSOCIATED PRESS

1. Fill a large pot halfway with hot tap water. Set the pot over very low heat. Maintain the water temperature at 125 F. To hold this temperature, you may need to turn the heat on and off occasionally.

2. Meanwhile, peel the potatoes and cut them into 1-inch cubes. Measure about 7 1/3 cups of the potato cubes. Reserve any excess for another use.

3. Place the potatoes in a second large pot with 2 litres (about 2 quarts) of water. Add the salt and sugar, then bring to a boil. Reduce the heat to maintain a simmer and cook until the potatoes are very tender, 30 to 40 minutes.

4. Drain the potatoes, then transfer them to a food processor. Add the malt powder, then process until smooth and sticky. Transfer to a large zip-close plastic bag, pressing out as much air as possible before closing. Place the bag of potatoes in the pot of 125 F water and cook in this manner for 30 minutes.

5. Empty the potatoes from the bag into a clean pot, then heat gently to at least 167 F. Season with salt and serve immediately.

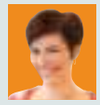
THE ASSOCIATED PRESS

Ingredients

- 2 1/2 lbs Yukon gold potatoes
- 2 tbsp salt, plus additional for seasoning
- 1 1/3 tbsp sugar
- 1 tbsp diastatic malt powder

Health Solutions

There's no 'P' in asparagus?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style! Asparagus is a fast growing shoot that delivers Vitamin K, Vitamin A and folate.

The typical way of cooking asparagus is to snip off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

- Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt
- Chop and add to soups for the last 5 minutes
- Chop and steam, sautée in chicken broth for 5 minutes covered
- Wrap in prosciutto and bake at 350 for 15 minutes
- Poached, cooled and served with a curry yogurt dip

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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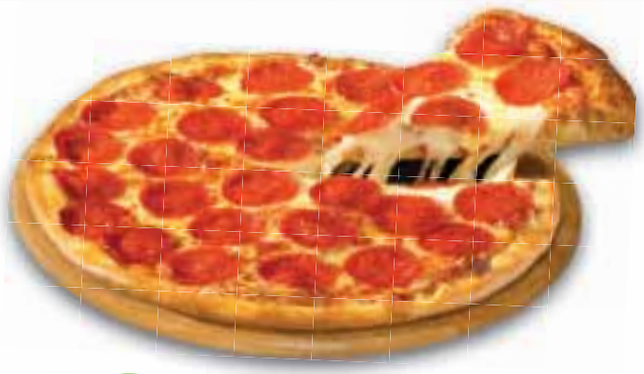

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IT'S BEST TO PLAN AHEAD FOR FUNERALS

ENSURE THAT YOUR FINAL WISHES ARE CARRIED OUT

A recent survey has shed some light on funeral planning. The survey revealed that only nine per cent of Canadians have preplanned their funeral, despite the fact that there are many good reasons to do it.

Here are the top three reasons for planning ahead:

REMOVE THE BURDEN ON YOUR FAMILY

A death in the family is a painful experience that requires a period of mourning. By making arrangements ahead of time, you allow your family time to go through the grieving process without having to worry about planning a funeral. Among Canadians who have preplanned at least part of their funeral, two-thirds (69 per cent) say they have done so in order to make it easier on their family.

HAVE YOUR WISHES CARRIED OUT

People seldom realize that they can prepare for funeral arrangements ahead of time. Instead of just verbally sharing preferences with family members, it's best to have a plan in place that includes documented preferences and how they will be paid for. Seven in 10 Canadians consider the preplanning of their own funeral to be better than having decisions made by relatives or friends.

SAVE MONEY

The average funeral in Canada costs in excess of $10,000, and this can increase depending on where you live and what funeral home you go to. Planning ahead with life insurance that covers funeral costs and offers funeral planning and concierge services will help find the most affordable options, simplifying the process and controlling the costs. Almost half of Canadians surveyed worry about not being able to afford funeral arrangements.

– News Canada

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PRE-ARRANGEMENTS

People prefer to avoid the topic of planning their own funeral leaving it for others to take care of or leaving it for "another day," however, pre-planning and/or pre-paying your funeral expenses is one of the most thoughtful things that you could ever do for your loved ones.

By doing this, it eliminates any questions of what type of service that you might want and removes a huge burden from the ones that are left to make the decisions. Services can be tailor-made to suit each individual.

A funeral home can fill out an information file for you. There is no charge for this service and all the information will be documented and is available to your family if something untimely was to happen. This is not a binding agreement and can be changed, altered or cancelled at any time.

If you choose to pre-pay your funeral expenses it eliminates the financial burden that is associated with your arrangements. The advantage of prepaying is that you secure the costs of your funeral based on the rates when the contract is signed rather than on the rates when you pass away. In other words it protects you and your family from future inflation and provides you with peace of mind. You can prepay your funeral though funeral insurance in either a lump sum payment or over time with no interest or carrying charges.

Our society, particularly in Manitoba, is one of careful buying. Take the time to resource it and make your own arrangements so that everything is done to your specifications. Careful preplanning and being informed of all the options and choices available makes for wise decisions, eliminating the burden to be placed on others.

*Price subject to change

Peter Kilcollins
President & Managing Director

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IRA'S, DELI FARE WITH EXOTIC FLARE

On a weekday afternoon, the lunch rush at Ira's Deli has waned. But down a flight of steps behind a big red door, owner Ira Brick keeps a frenetic pace, chatting with staff and customers, answering phone calls and teaching cooking techniques.

Ira and his wife, Susan, set up shop below what was then his parents' business, Brick's Fine Furniture in 1996. But the roots of Ira's go back to its owner's North End upbringing, to the Jewish delis he ate at as a kid, and to his grandmother's recipes — some of which appear on the menu today.

"That was a big part of who I was growing up," Brick says. "That's what I bring with me here — a North End deli, downtown."

Chopped liver, corned beef on rye and chicken soup with matzo balls are among the time-tested staples. But homemade soups like roasted red pepper and tomato, and Thai lime bring an exotic touch.

ISTOCKPHOTO/THINKSTOCK

There are daily specials and housemade cakes. Brick stresses that every soup of the day is vegetarian and that he can make many items to suit people with dietary restrictions or allergies.

Brick sources ingredients from long-established local suppliers such as Gunn's Bakery, City Bread, and Elman's pickles.

"They're out of the same place that I'm from," he says.

Beyond the menu, Brick is focused on creating a warm and family-like atmosphere for customers and staff alike.

"They are hard working and they are super friendly and helpful and they're all in," he says of his employees.

RED RIVER COLLEGE MEETING NEED FOR FUNERAL DIRECTORS

The demand for funeral service professionals in Manitoba is on the rise.

To meet that need, Red River College is now offering a funeral director and embalmer program.

"With the increasing age of the baby boomers and Manitoba's funeral directors reaching the age of retirement, there will be an increasing need for funeral professionals," says Joanne Shay, program director at Red River College.

This new certificate program combines technical training with hands-on experience.

Students will study courses such as anatomy, the psychology of grieving, ethics, embalming and cultural sensitivity.

"Students will learn about the grieving process and how to support families through this very difficult time," Shay says.

The hands-on training will take place in the form of a practicum under the supervision of a licensed funeral director.

Red River College is now the only approved provider for the training and preparation of new funeral directors and embalmers in Manitoba.

CONTRIBUTED

Once students have completed their training, they can apply for a certificate of qualification and licensure with the Funeral Board of Manitoba.

Attend a free information session about this program on May 27 at 6 p.m. at the Notre Dame Campus, room GM41.

For more information, visit rrc.ca/fde.

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Most families refuse to talk about death.

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Death is not easy to talk about. That's why families are taken advantage of at their time of need. Available at a low cost, Voyage offers a cherished memories book. This book will be your voice after you pass away.

Mike Vogiatzakis

Many important questions are answered. For example: Do you have a will? An insurance policy? Where is your safety deposit box? This will also be a treasured keepsake that you will leave behind for your family. What was your favourite colour? Best childhood memory?

You can write a message to your family and friends and even write your own obituary. This book was designed and published by Voyage Funeral Home to allow you to speak to your family and guide them long after you have passed on. Your personal message to family and friends will never be forgotten.

As a funeral home, the company is entrusted with thousands of deaths. Each question or comment has been placed in this book to help you express your feelings and document importation information that will be helpful to your family at the necessary time.

The funeral directors can put your wishes on paper to prearrange your funeral. Whether you want simple cremation or a traditional burial you can document exactly what your final wishes are. Once your funeral is preplanned with Voyage, the price never changes — it is locked in at today's price.

At the time of your passing, the family calls Voyage telling the funeral home you have passed away. Your wishes are then followed through as per your instructions.

Losing someone you love is one of the most painful and stressful times of your life. Preplanning takes away the added stress of your family having to make difficult decisions — allowing them instead, to grieve and comfort each other. Advanced planning relieves the emotional stress and the financial burden a funeral can cause.

Your money is 100 per cent safe with Voyage. All funds are held with Assurant Life of Canada. Voyage can only access your money once you have passed away. Your funds are also transferable to any other city, province or country. You can transfer your funeral arrangements and preplanned funds to Voyage from any other funeral home — the process is simple and can save you hundred, sometimes thousands of dollars.

If your family is expecting the passing of a loved one at home, avoid the additional grief of engaging emergency services. By making advance arrangements with the palliative care program and the family doctor, Voyage would be provided with a letter of an anticipated home death from the medical examiner's office or the regional health authority. This letter gives Voyage Funeral Home the legal permission to come to your home to take your loved one, instead of calling 911. This service is available 24 hours a day.

Voyage owns and operates its own crematorium. Your loved one is in the funeral home's care from beginning to end.

If you are collecting social assistance and pass away, social assistance will pay for your funeral. The cost of cremation, cremation with a memorial service or a full traditional burial including the casket or urn and cemetery property is paid through social services.

Voyage Funeral Home is family owned and operated. Each family that Voyage serves becomes the focus of its commitment to excellence in funeral service. Its vision incorporates tradition, compassion, cultural sensitivity, and cost options to meet the needs of every family.

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Young Canadian with no job? You're not alone

You might need a better resume than this to get your foot in the door. ISTOCK IMAGES

Alison on money.
Unemployment and under-employment still a concern for people with university degrees

YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year when young people are transitioning from school and according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial generation from jobs, there are still concerns. One in particular is the high rate of under-employment for those young workers with university or equivalent degrees.

The report noted that roughly a quarter of this age group couldn't find work in their field. These statistics were taken from 2005 but post-recession there isn't likely to be an improvement.

In the end, almost nothing is more important to the health of society than an employed citizenry. It should be the key driver of government policy.

Unemployment rates

- 15.2 per cent youth unemployment during the Great Recession.
- 19.2 per cent youth unemployment during the early 1980s recession.

Get your financial house in order

It's hard to stay organized in any aspect of life, but keeping your financial records in order is one of the most important things you can do to help your family should a crisis occur.

A recent poll conducted by Leger Marketing for the Canadian Life and Health Insurance Association (CLHIA) showed that only one in four Canadians could easily locate their vital documents. Let's make 2013 the year that we all get organized to lessen anxiety when the unexpected happens.

Here are some suggestions to get on the right track.

Step 1
Collect all of your financial records such as insurance policies, bank account and safety deposit box information, investment statements and more.

Step 2
Collect your personal data such as wills, powers of attorney, social insurance numbers, passport numbers, health records, computer passwords, etc.

Step 3
Once you have all your records gathered together, set up a filing system to organize the information. The Virtual Shoebox, located at clhia.ca, is a free online tool that can help you save important personal and financial information in one place so that family members can easily locate them in an emergency.

Step 4
Make sure you store this information in a safe place such as a secured folder on your computer, a safety-deposit box or in a locked fireproof box.

Step 5
Finally, be sure to tell key family members or friends or your lawyer where this information is stored so they can find it easily and quickly.

"It's so easy not to think about it now, but taking a few minutes to organize important documents can be such a relief, especially when disaster strikes. Not only does it make our lives easier, but it can make a world of difference to a loved one who has to locate this information," says Wendy Hope, the vice-president of external relations for CLHIA. "Organizing key information can help save time and money, and lessen anxiety for all concerned."

NEWS CANADA

Make sure you have all your vital documents organized. NEWSCANADA

NBA

Knicks' J.R. Smith named Sixth Man of the Year

J.R. Smith won the NBA's Sixth Man of the Year award Monday after turning a role he didn't want into one of the strengths of the New York Knicks' first division championship team in nearly two decades.

Smith received 484 points, including 72 first-place votes, from a panel of 121 writers and broadcasters. The Clippers' Jamal Crawford finished second with 352 points, getting 31 first-place votes.

Smith averaged 18.1 points in 80 games, all off the bench.

THE ASSOCIATED PRESS

NHL

Wings' playoff streak not put to bed quite yet

The Detroit Red Wings' push to make the playoffs got a boost with two desperately needed points.

Johan Franzen scored twice and Jimmy Howard had 34 saves to help Detroit beat the Phoenix Coyotes 4-0 Monday night in a matchup of two teams in a logjam for the final two spots in the Western Conference playoffs.

The Red Wings moved within a point of eighth-place Columbus in the conference. They're hoping to finish the last three games of the regular season strong enough to extend the franchise's post-season streak to 22 years — the first without Steve Yzerman or Nicklas Lidstrom as a captain.

THE ASSOCIATED PRESS

Jets refuse to leave playoffs' doorstep

NHL. Win over Buffalo puts Winnipeg one point behind Ottawa, New York Rangers and Washington

Buffalo Sabres goalie Jhonas Enroth makes a save as teammate Christian Ehrhoff defends Kyle Wellwood of the Winnipeg Jets on Monday in Buffalo. The Jets won 2-1. SEAN RUDYK/GETTY IMAGES

Having eked out a win over the Buffalo Sabres, Evander Kane and the Winnipeg Jets were already looking ahead to the next big test in their late-season bid to make the playoffs: Alex Ovechkin and the Washington Capitals.

"This game means nothing now," said Kane, referring to the Jets' 2-1 win over the Sabres on Monday night. "We needed this game in order to make something of tomorrow. Tomorrow's the biggest game of our season."

Antti Miettinen's shot from the right circle that just dribbled in over the goal line with 7:36 remaining proved to be the difference in keeping the Jets in the playoff race.

Winnipeg (24-19-3) improved to 6-0-1 in its past seven and moved within a point of the Ottawa Senators and the idle New York Rangers, who hold the Eastern Conference's final two playoff spots. Just as important, the Jets also crept to within a point of Southeast Division-leading Washington. That sets up a critical showdown on Tuesday, when Winnipeg travels to play the Capitals in the final week of the season.

"I think it's been circled on our calendar for a long time now," Jets captain Andrew Ladd said. "We wanted to put ourselves in a position where tomorrow's going to be a meaningful game, and we've done that. So here it is."

On Monday

Jets	Sabres
2	1

The win didn't come easily against a Sabres team that was playing for pride — having been eliminated from contention following an 8-4 loss to the New York Rangers on Friday — and riding a hot goalie in Jhonas Enroth.

Enroth was nearly the difference in stopping 37 shots, including Kane's first-period penalty shot.

He had little chance to stop the two that got past him. Aaron Gagnon opened the scoring 7:32 into the second period by redirecting in Derek Meech's centring pass. And then there was Miettinen's shot that found its way in through a crowd in front.

Jets goalie Ondrej Pavelec then preserved the victory by stopping 24 shots, including a huge glove save on Thomas Vanek with 5:45 left.

THE ASSOCIATED PRESS

Ladd named week's best

Winnipeg Jets forward Andrew Ladd was named NHL first star of the week Monday after recording eight points in three games.

- Ladd had two goals and six assists over the stretch to help the Jets pick up five out of a possible six points. THE CANADIAN PRESS

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Competition as tight as ever going into Olympic trials

Glenn Howard looks on as Jeff Stoughton calls a rock into the house at the Tim Hortons Brier in Edmonton on March 9. Howard and Stoughton are just two of many skips playing at an elite level in Canada. THE CANADIAN PRESS FILE

Curling. No clear-cut favourite on either men's or women's side with Roar of the Rings set for Dec. 1-8

Gone are the days when just a few curling rinks dominated the competition in this country.

A pair of top young skips won national titles for the first time this season, providing more proof of the parity at the elite level in both the men's and women's games. The rise of the next generation of Canadian curling stars and the continued steadiness of the battle-tested veterans makes it tough to predict who will lead the way next season.

Throw in the drama of the Olympic qualification process ahead of the Sochi Games and the 2013-14 campaign should be one to remember.

Glenn Howard of Coldwater, Ont., made it clear last weekend that he's still in top form, taking the Players' Championship with a 4-3 win over Winnipeg's Mike McEwen. An Olympic title is the one thing missing from Howard's resume and the 50-year-old skip will be in the eight-team field for the Dec. 1-8 trials in Winnipeg.

"The top six or seven teams now are really close," Team Howard second Brent Laing said in a recent interview. "There was a while there was a couple of teams that were ahead. So there's still the parity but the group is bigger I think. So it's motivating to see how good other teams are playing.

"It motivates you to play better and to practise harder."

Howard and fellow veteran skips Kevin Martin of Edmonton and Winnipeg's Jeff Stoughton locked up berths in the trials — the Tim Hortons Roar of the Rings — well before the season-ending Grand Slam in Toronto. Three more spots were given to McEwen, Calgary's Kevin Koe and Toronto's John Epping for their standing in the Canadian Team Ranking System. THE CANADIAN PRESS

Olympics on their minds

Jennifer Jones, Heather Nedohin, Stefanie Lawton, Rachel Homan, Sherry Middaugh and Chelsea Carey have all earned a spot at the women's Olympic qualifier.

NBA

Bulls cut down Nets to even first-round series

Carlos Boozer had 13 points and 12 rebounds, Joakim Noah gutted his way through a foot injury to make three fourth-quarter baskets, and the Chicago Bulls beat the Brooklyn Nets 90-82 on Monday night to even their first-round series at one game apiece.

Luol Deng bounced back from a poor opener with 15 points and 10 rebounds for the Bulls, who became the first team to win a road game this post-season.

Chicago held the Nets to two baskets in the third quarter to build a big enough lead to hold off a charge in the fourth.

Noah finished with 11 points and 10 rebounds for the Bulls, who host Game 3 on Thursday.

Brook Lopez scored 21 points for the Nets, who shot 35 per cent from the field and were just 4 of 21 from 3-point range. Star point guard Deron Williams was 1 of 9, finishing with eight points.

THE ASSOCIATED PRESS

MLB. Orioles ground Blue Jays in 9th to win Game 1 in battle of birds

Nick Markakis singled home the winning run with two outs in the bottom of the ninth inning, giving the Baltimore Orioles a 2-1 victory over the Toronto Blue Jays on Monday night.

Toronto reliever Aaron Loup (1-2) began the ninth by hitting Chris Davis with a pitch. After a sacrifice bunt, Steve Pearce popped out and Nolan Reimould received an intentional walk before Alexi Casilla reached on a throwing error by shortstop Munenori Kawasaki that loaded the bases.

Markakis then sliced an 0-2 pitch to the opposite field near the left-field line.

Jim Johnson (1-1) worked a perfect ninth for the Orioles, now 5-2 on a nine-game homestand that ends Wednesday.

Toronto starter J.A. Happ allowed one run and four hits in six-plus innings, walking two and striking out six.

Not be outdone, Orioles starter Chris Tillman gave up one run, four hits and three walks in 6 2/3 innings.

The game was scoreless until the bottom of the sixth. After Manny Machado's liner to centre eluded the glove of a diving Colby Rasmus for a single and Adam Jones singled off the glove of third baseman Brett Lawrie, both runners moved up on a wild pitch. Davis hit a sacrifice fly to right that brought home Machado, who beat a strong throw by Jose Bautista with a nifty hand tag at the plate.

The Orioles' Chris Davis, centre, scores the winning run in a 2-1 walkoff victory over the Blue Jays on Monday. ROB CARR/GETTY IMAGES

The Blue Jays answered in the seventh. Edwin Encarnacion ended an 0-for-16 skid with Toronto's second hit, a one-out single. J.P. Arencibia later singled before Rasmus bounced an RBI single through the right side to chase Tillman.

THE ASSOCIATED PRESS

NBA

NBA PLAYOFFS

FIRST ROUND

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami leads 1-0)
Sunday's result
Miami 110 Milwaukee 87
Tuesday's game
Milwaukee at Miami, 7:30 p.m.

NEW YORK (2) VS BOSTON (7)
(New York leads 1-0)
Tuesday's game
Boston at New York, 8 p.m.

INDIANA (3) VS ATLANTA (6)
(Indiana leads 1-0)
Sunday's result
Indiana 107 Atlanta 90
Wednesday's game
Atlanta at Indiana, 7:30 p.m.

BROOKLYN (4) VS CHICAGO (5)
(Brooklyn leads 1-0)
Monday's result
Chicago at Brooklyn

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)
(Oklahoma City leads 1-0)
Sunday's result
Oklahoma City 120 Houston 91
Wednesday's game
Houston at Oklahoma City, 7 p.m.

SAN ANTONIO (1) VS L.A. LAKERS (7)
(San Antonio leads 1-0)
Sunday's result
San Antonio 91 L.A. Lakers 79
Wednesday's game
L.A. Lakers at San Antonio, 9:30 p.m.

DENVER (3) VS GOLDEN STATE (6)
(Denver leads series 1-0)
Saturday's result
Denver 97 Golden State 95
Tuesday's game
Golden State at Denver, 10:30 p.m.

L.A. CLIPPERS (4) VS MEMPHIS (5)
(L.A. Clippers leads 1-0)
Monday's result
Memphis at L.A. Clippers

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Pittsburgh	45	35	10	0	0	153	109	70
dx-Boston	44	27	12	2	3	123	97	59
d-Washington	45	25	18	2	0	140	123	52
x-Montreal	45	27	13	3	2	139	120	59
x-Toronto	45	25	15	0	5	138	124	55
NY Islanders	45	24	16	4	1	134	131	53
NY Rangers	45	24	17	0	4	120	106	52
Ottawa	45	23	16	2	4	109	99	52
Winnipeg	46	24	19	0	3	123	135	51
New Jersey	45	17	18	3	7	106	121	44
Buffalo	46	19	21	2	4	119	140	44
Philadelphia	45	20	22	1	2	124	137	43
Carolina	45	18	24	2	1	118	145	39
Tampa Bay	45	17	24	1	3	140	141	38
Florida	45	13	26	5	1	104	162	32

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Chicago	44	34	5	0	5	146	94	73
dx-Anaheim	45	28	11	3	3	131	112	62
dx-Vancouver	45	25	13	1	6	121	110	57
x-Los Angeles	45	26	14	1	4	128	111	57
San Jose	45	24	14	3	4	118	109	55
St. Louis	45	26	17	1	1	119	112	54
Minnesota	45	24	18	1	2	116	119	51
Columbus	46	22	17	3	4	114	117	51
Detroit	45	21	16	3	5	113	112	50
Dallas	45	22	19	3	1	127	133	48
Phoenix	45	19	18	3	5	114	122	46
Calgary	45	19	22	1	3	123	149	42
Edmonton	44	17	20	4	3	111	124	41
Nashville	45	15	21	3	6	104	128	39
Colorado	45	15	23	5	2	109	142	37

x - clinched playoff berth; y - division; z - conference.

Monday's results
Winnipeg 2 Buffalo 1
Pittsburgh 3 Ottawa 1
Detroit 4 Phoenix 0
Anaheim at Edmonton
Chicago at Vancouver

Sunday's results
Anaheim 3 Edmonton 1
Calgary 4 Minnesota 1
Columbus 4 San Jose 3
Carolina 3 Tampa Bay 2
Colorado 5 St. Louis 3
Los Angeles 4 Dallas 3 (OT)
NY Rangers 4 New Jersey 1
Boston 3 Florida 0

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	13	6	.684	—
Baltimore	11	8	.579	2
New York	10	8	.556	2½
Tampa Bay	9	10	.474	4
Toronto	**8**	**12**	**.400**	**5½**

CENTRAL DIVISION	W	L	Pct	GB
Kansas City	10	7	.588	—
Minnesota	8	7	.533	1
Detroit	9	9	.500	1½
Cleveland	7	10	.412	3
Chicago	7	11	.389	3½

WEST DIVISION	W	L	Pct	GB
Texas	12	6	.667	—
Oakland	12	8	.600	1
Los Angeles	7	10	.412	4½
Seattle	7	13	.350	6
Houston	5	13	.278	7

Monday's results
Baltimore 2 **Toronto 1**
Tampa Bay 5 N.Y. Yankees 1
Boston 9 Oakland 6
Cleveland at Chicago White Sox
Seattle at Houston
Texas at L.A. Angels

Sunday's results
Toronto 8 N.Y. Yankees 4
Minnesota 5 Chicago White Sox 3
L.A. Angels 4 Detroit 3 (13 inn.)
Kansas City 4 Boston 2
Kansas City 5 Boston 4 (10 inn.)
Texas 11 Seattle 3
Tampa Bay 8 Oakland 1
Cleveland 5 Houston 4
L.A. Dodgers 7 Baltimore 4

NATIONAL LEAGUE

Monday's results
Philadelphia 3 Pittsburgh 2
St. Louis 3 Washington 2
Miami at Minnesota, ppd., rain
Atlanta at Colorado, ppd., snow
Chicago Cubs at Cincinnati
Milwaukee at San Diego
Arizona at San Francisco

Horoscopes

♈ Aries
March 21 - April 20
You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

♉ Taurus
April 21 - May 21
You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

♊ Gemini
May 22 - June 21
You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

♋ Cancer
June 22 - July 23
There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

♌ Leo
July 24 - Aug. 23
The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

♍ Virgo
Aug. 24 - Sept. 23
Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are — use your imagination to envision a new future for yourself – then make it happen.

♎ Libra
Sept. 24 - Oct. 23
You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

♏ Scorpio
Oct. 24 - Nov. 22
It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life

♐ Sagittarius
Nov. 23 - Dec. 21
No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

♑ Capricorn
Dec. 22 - Jan. 20
What you need to recognize is that different people have different personalities and therefore different ways of doing things.

♒ Aquarius
Jan. 21 - Feb. 19
The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

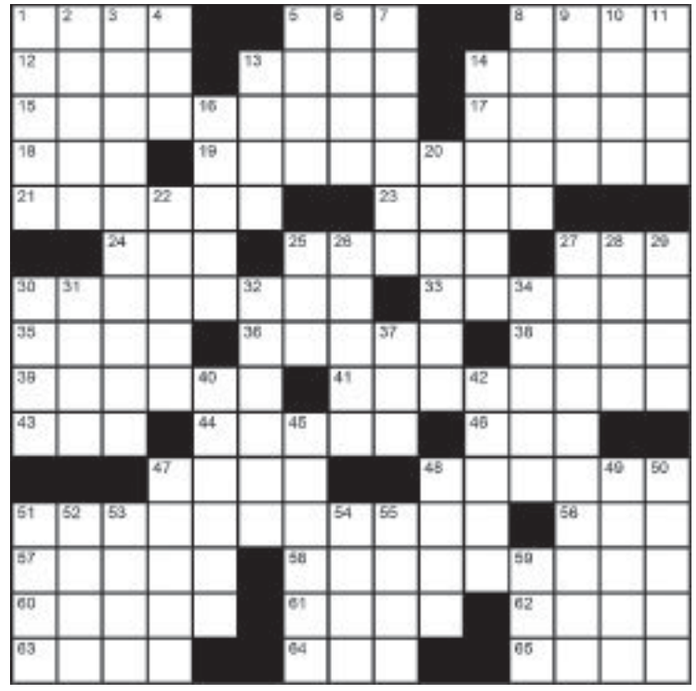
♓ Pisces
Feb. 20 - March 20
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

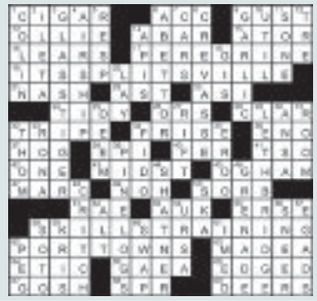
BY KELLY ANN BUCHANAN



Across
1. Invitation letters
5. Flier to Narita Intl. Airport
8. Tom Cruise movie
12. Time Machine people
13. Prefix to 'mal', as 0.25
14. Person being quoted
15. Plastic surgery procedures
17. Web memo, _-__
18. "Let's call __ _ day."
19. Way to sell products on TV
21. Directions: "Can you __ __ how to..."
23. Radiate
24. Taxi
25. Doing words
27. "Rain __" (1988)
30. Sandra Bullock is Canadian in "The __" (2009)
33. Tart-tasting
35. Grazing grass-lands
36. Intense
38. Early filmmaker, Thomas H. __
39. Upward move
41. Canada's most northerly highway
43. Utmost, numbers-wise
44. Inner's opposite
46. Brain scan, for short
47. Small obi accessory
48. Rescuers
51. 13th PM, John __
56. Soldier's food-in-a-packet [acronym]
57. "Monster-__-__" (2005)
58. __ Island, Nunavut
60. Parts of windows
61. Early-'80s hit: "Just the Two __ __"
62. 1982 Sci-Fi flick starring Jeff Bridges
63. _-__ (Retro advertised-on-TV record co.)
64. St. Louis footballer
65. Opera __ Ottawa (Professional opera company)

Down
1. Install anew
2. Fred Flintstone's boss, Mr. __
3. Pro helping a singer: 2 wds.
4. Apple __
5. Actor Mr. Daniels
6. X-__ knife
7. Group of Seven member, Arthur __ (b.1885 - d.1969)
8. Touch of colour
9. "Bonne Fete _ ___..."
10. Ms. Wilson of "La Femme Nikita"
11. Cover the falcon's eyes
13. Sup
14. Cherry: French
16. __ stick
20. Symbol
22. Expire
25. Central-__
26. Dodge
27. PEI novelist, Lucy Maud __ (b.1874 - d.1942)
28. 'Appear' suffix
29. Big Apple denizen
30. Agenda
31. Inactivity
32. Ringed planet
34. Scrooge
37. Gerard __ Borch (Dutch painter)
40. There's nothing to report: 2 wds.
42. Equals
45. "__ __ __ not..." (Hamlet's 'question' soliloquy)
47. Patsy Cline's "_ __ to Pieces"
48. Haws partners
49. Mistake
50. "I've Just __ _ Face" by The Beatles
51. Frisbee, for one [var. sp.]
52. The 'J.' of Michael J. Fox, for short
53. Modelling's Ms. Macpherson
54. Code for letters A, B, C: __, Bravo, Charlie
55. Heidi of "Project Runway"
59. Habs, on score-boards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	3				4	8		
2			7	6				3
					8	1		
		2		9				8
	8						5	
5				7		2		
		5	1					
4				8	7			9
		9	3				4	5

Yesterday's Sudoku

5	2	7	1	3	4	9	6	8
9	1	4	6	8	5	2	3	7
3	6	8	7	9	2	4	5	1
1	5	9	4	6	8	7	2	3
7	8	2	3	1	9	5	4	6
4	3	6	2	5	7	8	1	9
2	9	3	5	7	1	6	8	4
6	7	5	8	4	3	1	9	2
8	4	1	9	2	6	3	7	5

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 4° MIN: -12°	MAX: -1° MIN: -9°	MAX: 5° MIN: -2°

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